

Tai Chi Sequences

Section I

- 1 Tai Chi Beginning
- 2 Ward Off Left
- 3 Ward Off Right
- 4 Grasp the Bird's Tail
- 5 Single Whip
- 6 Lifting Hands
- 7 Shoulder Stroke
- 8 Crane Spreads Wings
- 9 Brush Knee Left
- 10 Play Guitar
- 11 Brush Knee Left
- 12 Deflect, Intercept and Punch
- 13 Withdraw and Push
- 14 Cross Hands

Tai Chi Sequences

Section II

- 1 Carry Tiger To Mountain
- 2 Grasp the Bird's Tail
- 3 Diagonal Single Whip
- 4 Fist Under Elbow
- 5 Repulse the Monkey 3x
- 6 Slant Flying
- 7 Cloud Hands 3x
- 8 Single Whip
- 9 Snake Creeps Down To Golden Pheasant
on One Leg
- 10 Three Kick Sequence
- 11 Brush Knee Low Punch
- 12 Grasp the Bird's Tail to Single Whip

Tai Chi Sequences

Section III

- 1 Fair Lady Works the Shuttle
- 2 Ward Off Left
- 3 Ward Off Right
- 4 Grasp the Birds Tail to Single Whip
- 5 Snake Creeps Down Through Step Up
to Seven Stars
- 6 Retreat and Ride the Tiger
- 7 Turn and Horizontal Kick
- 8 Shoot Tiger With Bow
- 9 Deflect, Intercept and Punch
- 10 Withdraw and Push
- 11 Cross Hands
- 12 Tai Chi Ending